

Sundays at FUUSA

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs include Forum (social justice topics), Children's Chapel, Green Sanctuary Discussion (environmental topics,) War Healing Circle; social events, and adult education.

All are welcome!

WINDOWS update

Newsletter of the First Unitarian
Universalist Society of Albany

Mid-October, 2010

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(2nd & 4th Sundays/mo.)*

Green Sanctuary Discussion

(3rd Sunday/mo.)

6:00 PM

War Healing Circle

(2nd & 4th Sunday/mo.)

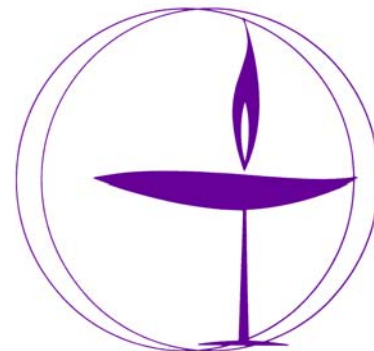
Services

Oct. 17 "Can a New England rooted tradition have universal appeal?," The Rev. Sam Trumbore

Unitarian Universalist Association President Peter Morales, the first Latino serving in this office, is sensitive to the Eurocentric Protestant, New England bias found in our tradition. Any congregation located in a place that doesn't follow our weather patterns here, like Florida and California, notices this. Beyond the geographic bias, are there other biases in our religious tradition that are unwelcoming to non-New Englanders who share our values and commitments? If so, do we want to do anything about it? Music: Matt Edwards

Oct. 24 "The divided self," The Rev. Sam Trumbore

Inner personal disharmony lurks at a deeper level than the challenges of finding unity in a congregation that celebrates diversity. Freud insightfully labeled this disharmony, the eternal struggle between the id and the superego, moderated by the ego. Society, our workplace, our family and friends all make demands on us. Our values and commitments also make demands on us. How do we find wholeness while struggling with our own inner diversity? Music: Special Guest



Oct. 31 "Celebrating Samhain," The Rev. Sam Trumbore

Halloween has much deeper roots than the commercialized holiday we know it as today. In the Celtic religious tradition, it was known as 'Samhain' (pronounced SOU-win) which means summer's end. This holiday recognizes the seasonal transition, on the cross-quarters between equinox and solstice, from the light half to the dark half of the year. Children are invited to come in costume to this multi-generational Unitarian Universalist celebration, in the spirit of Samhain, of this seasonal transition. Music: John and Barbara Metz, piano and cello

Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Children's Chapel (1st Sunday/mo.)	Sanctuary	
10:00 AM	Religious Education	Classrooms	
11:00 AM	Coffee Hour	Channing, Emerson	
11:45 AM	Forum (2nd & 4th Sundays/mo)	Emerson	
11:45 AM	Green Sanctuary Discussion (3rd Sun./mo)	B-8	
6:00 PM	War Healing Circle (2nd & 4th Sundays/mo.)	Emerson	

Events happening every week in the month of October

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
	7:00 PM	Choir Rehearsal	Emerson	

All other events happening in the month of October

13-Oct Wednesday				29-Oct Friday		
10:30 AM	Garden maintenance	gardens		5:00 PM	RoP Overnight	all spaces except Emerson
5:00 PM	Religious Services Committee	B-8		30-Oct Saturday		
6:00 PM	Teaching Team 3rd & 4th	B-3/4		8:00 AM	RoP Overnight	all spaces except Emerson
7:00 PM	Teaching Team 5th	B-1		2:00 PM	Multi-Generational Halloween Party	Channing, Kitchen (setup 1:30)
14-Oct Thursday				31-Oct Sunday		
7:00 PM	PCC Meeting	B-8		3:00 PM	John & Barbara Metz Piano-Cello Concert	Emerson, Kitchen (setup 1:30)
15-Oct Friday						
	UU Weekend at Silver Bay	Silver Bay				
16-Oct Saturday						
	UU Weekend at Silver Bay	Silver Bay				
17-Oct Sunday						
	UU Weekend at Silver Bay	Silver Bay				
18-Oct Monday						
12:00 PM	Channing Circle	Channing, Kitchen				
19-Oct Tuesday						
5:30 PM	Endowment Trust Committee	Stott/Joy Library				
6:00 PM	Teaching Team 4s & 5s	21				
7:00 PM	Teaching Team 1st & 2nd	26				
20-Oct Wednesday						
6:00 PM	Teaching Team Toddlers	23				
21-Oct Thursday						
7:00 PM	Board of Trustees	B-8				
22-Oct Friday						
	NYSCU	Rochester				
23-Oct Saturday						
8:45 AM	Getting to Know UU	B-8, Kitchen				
	NYSCU	Rochester				
	3:00 PM	AdEd: Tarot Card Reading	B-8			
24-Oct Sunday						
11:45 AM	Forum: David Kaczynski	Emerson				
11:45 AM	Partner Church Committee	B-8				
1:30 PM	Going Deeper: The Theme of Diversity	Emerson				
5:00 PM	Parent Group	Emerson Alcove, 24/25				
25-Oct Monday						
7:00 PM	Wellspring	B-8				
26-Oct Tuesday						
2:00 PM	Staff Meeting	Study				

Forum

Sunday, Oct. 24, 11:45

"Wrongful Convictions": David Kaczynski

Looking Ahead

Halloween Party, Oct. 30

Social Justice workshop with Rev. Gilbert, Nov. 6

Holiday Bazaar, Nov. 13-14

Rummage Sale, Dec. 10-11

News

Here it is—the workshop we’ve requested on social justice at FUUSA!

Do you have a passion for social justice but are not quite sure what to do with it? Or do you have limited time but want to make a difference? You are not alone! Our strategic planning discussions found these to be common themes in our congregation and our Strategic Plan recommended a workshop by Rev. Gilbert.

Clearly, we have lots of talent, ideas and a passion for social justice – so, where do we go from here?

We hope you will join your fellow FUUSAns for a very special workshop that will help us answer these questions and help to sharpen/focus our congregational efforts so we can make a real difference in our communities.

We have engaged the services of Rev. Dick Gilbert, Social Justice Coordinator for the St Lawrence District, to provide a comprehensive workshop on Social Justice. Rev. Gilbert is a noted author, activist and humanitarian who will provide us with the tools and interactive discussions.

Come join with fellow FUUSAns as we learn (or re-learn) to put our values into practice!

Date: Saturday, November 6, 2010

Time: 8:30 am – 3:00 pm

Lunch will be provided. There is no charge for the event, but donations will be gladly accepted.

Preregistration is requested, and childcare is provided with pre-registration. Sign-up sheets will be available at the SRC table during coffee hour, or you can register by e-mailing either Lois Griffin or Donna Doran.

(An article on Rev Richard Gilbert is on page 12)

Greater Gifts

Greater Gifts invites you to commemorate life's wondrous milestones and memories, joys and sorrows, in a simple, earth-friendly, community-building way by making a gift of \$10 or more to the Endowment Trust that will support annual grants for worthy projects within FUUSA and beyond. All

you need to do is submit a completed Greater Gifts form and your tax-deductible contribution. A form is posted on FUUSAs website at <http://www.albanyuu.org/filecabinet.html>. and on a bulletin board in Channing Hall. With your permission, the purpose of your Greater Gift (but not the amount) will be announced in WINDOWS.

State Employee Federated Appeal and the UUSC

FUUSA state workers, you have an opportunity to support the Unitarian Universalist Service Committee (UUSC) in your participation in the State Employee Federated Appeal. When you fill out the form, please designate the UUSC in the Designated and Undesignated Gifts box with the UUSC Charity #999-00425. Thank you for considering this way of supporting the UUSC. (And if you picked up any material at the SEFA fair in the Concourse last Wednesday, do not use the number affixed to it. That was the wrong number. Use the one above.)---Don Odell, UUSC local rep.

Joy Library notes

Reserving Books Want to borrow a book which is “out” to someone else? E-mail us: joylibrary@albanyuu.org or put a note in the Joy Library mailbox. Include: book title, your name, e-mail address or phone number.

Overdue? If you’ve had a book for over a month, please put it in the Return Box in the Library, or tell us if you want to renew it.

Timely Book Recommendations

Rounded up: artificial terrorists and Muslim entrapment after 9/11. Shamshad Ahmad [364.109 AHM]

“...In 2004, the FBI raided the Masjid As-Salam, a working-class mosque in Albany, New York, and arrested two of its members on charges of supporting terrorism. The government’s subsequent case against Yassin Aref and Mohammed Hossain garnered international publicity, shocked the city, and terrified the Capital District’s Muslim community. Now, from his insider’s perspective as president of the mosque, Shamshad Ahmad gives the only comprehensive account available of the fictional FBI sting that entrapped the two men, and offers some behind-the-scenes information, including

transcriptions of the actual sting tapes that have never been made public. Dr. Ahmad's careful examination of the evidence, and his unique observations as a Muslim, leave no doubt that the case was just a frame-up designed to advance the post-9/11 war on terror and intimidate the Muslim community -- and that community support and activism have made a difference throughout this tragic miscarriage of justice. All proceeds from the sale of this book will go to the Aref Education Fund, established by the author for Yassin's four children." Amazon Product Description. <http://www.amazon.com/gp/product/1935534173>

Salsa, Soul, and Spirit: Leadership for a Multicultural Age. Juana Bordas. Berrett-Koehler, 2007. [305.800 BOR]

"...shows how incorporating Latino, African American, and American Indian approaches to leadership into the mainstream has the potential to strengthen leadership practice and inspire today's ethnically rich workforce.

"Bordas identifies eight core leadership principles common to all three cultures, principles deeply rooted in each culture's values Using a lively blend of personal reflections, interviews with leaders from each community, historical background, and insightful analysis, she shows how these principles developed and illustrates the creative ways they've been put into practice in these communities as well as in some forward-looking companies. Bordas brings these principles together into a multicultural leadership model that offers a more flexible and inclusive way to lead and a new vision of the role of the leader in the organization." <http://www.bkconnection.com/static/SalsaSoulSpiritPR.pdf>

Where We Stand; Class Matters. bell hooks [Gloria Jean Watkins] Routledge, 2000. [305.509 HOO]

"Drawing on both her roots in Kentucky and her adventures with Manhattan Coop boards, Where We Stand is a successful black woman's reflection--personal, straight forward, and rigorously honest--on how our dilemmas of class and race are intertwined, and how we can find ways to think beyond them. Her writing has focused on the interconnectivity of race, class and gender and their ability to produce and perpetuate systems of oppression and domination." Back Cover.

Black Pioneers in a White Denomination. Mark D. Morrison-Reed [289.1320 MOR]

"Portraits of racism in liberal religion tells the stories of two pioneering black ministers. Includes accounts of some of today's more integrated UU congregations and biographical notes on past and present black Unitarian, Universalist and UU ministers." <http://www.uuabookstore.org/productdetails.cfm?PC=553>

Lunch with the Minister
Noon, Sunday, Oct. 24, at Sukhothai on Central Avenue

Are you new to our congregation and would like to get to know our minister? Rev. Trumbore will be available on October 24 after the Sunday service for lunch and conversation about Unitarian Universalism, our congregation, religion, spirituality, philosophy, ethics, ideas ... and whatever else comes up! For October, we will meet at Sukhothai Thai Restaurant on Central between Lexington and Henry Johnson on the South side of the street. Please RSVP by 11:30 AM that Sunday to Rev. Trumbore (in person, email: lunch@uumin.org or call: 463-7135) so he'll know how many seats to reserve. NOTE! Space is limited! To ensure your space at the table, please call early!

Newcomer orientation
Learning about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next **"Getting to Know UU"** session, scheduled for Saturday, **October 23** from 8:45 a.m. to noon.

We'll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can call Amy Lent interim Membership Coordinator (and Church Administrator) at the church office, 463-7135.

Lifespan Learning

Rite of Passage: journey together begins

The Rite of Passage program kicked off the year with an overnight wilderness exploration at Hawk Valley Wilderness Center in Cherry Valley, NY.



The director of the center showed how to make an emergency outdoor shelter, how to use a knife safely, and how to start a fire in less than 5 minutes.

We also foraged for edible wild food and wove natural fiber. We were also surprised to learn how much we could accomplish working together and each of us on our own. Rite of Passage youth



work with a mentor and as a group with Leah Purcell and Rev. Sam to learn what it means to practice Unitarian Universalism as an adult and they also each create their belief statement. In May they will take a trip to Boston and will also present a worship service.

Going Deeper: The Theme of Diversity

1:30-2:30 PM, Sunday, Oct. 24

Being a congregation that welcomes diversity is very important to us. But where are the limits and boundaries to that embrace? The services and programs this month and the links, references and articles found on the web page: www.albanyuu.org/themes/diversity.html, can stimulate personal reflection on diversity. Sunday afternoon, October 24 at 1:30 pm, Rev. Trumbore will lead a discussion to go deeper than we normally can on Sunday morning into the theme of diversity. This facilitated interactive learning process is designed to stimulate the

growth of awareness, understanding and insight. The results of this collective learning process will then help us build an even stronger community as we seek to implement this part of our strategic plan.

Bringing Unitarian Universalist Values to Halloween!

TRICK OR TREAT for Food Pantry Donations
Then celebrate with a multigenerational party at FUUSA!

Saturday, Oct. 30, 2:00 - 4:00

The **Religious Education Council** is sponsoring a **Halloween Party** to support a food drive for a local food pantry.

We invite families to "trick or treat" in their neighborhoods for food pantry items in the morning and come with the donations for a traditional Halloween party in the afternoon at FUUSA. The donations will be honored during the service the next day.

Flyers will be distributed through RE classes to help you alert your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!

If you are interested in volunteering for set-up, clean-up, or any other kind of helping out, please contact Tracie Tilgner.

Tarot Card Reading as a Spiritual Practice

A Two-Part Workshop given by Alifair Skebe

3:00 PM to 6:00 PM

Saturday, Oct. 23 and Saturday, Nov. 20

Signup in Channing Hall or call the FUUSA office

Tarot, for some, is an entertaining pastime, a quick psychic trip with some lady in a darkened, red plush room in a Lark Street basement apartment. For others, it is a true divination tool that foretells the future. While Tarot may hold in part these characteristics, it is certainly not the full picture. Tarot in recorded history dates back as far as the sixteenth century and is alchemically known as "The Book of Life," a way of securing focus on a person's immediate influences. Like a human life, unfinished and always open to environmental and

psychological influence, the "Book of Life" can be shuffled and opened to any point on one's spiritual path: the past of "memories" or present circumstances. Through this, Tarot can suggest future action. Like life, the deck of cards, or pages of life's Book, is ever-changing and never set: according to Tarot practitioners, we all have the power to change our destinies. There is no fated prediction, no prophecy that must be fulfilled. As humans, we have the power to shuffle up our past and to create a future based on our choices and actions in any situation. Therefore, Tarot is a way of focusing our energies and gaining a perspective on questions in our lives. A "spread," or the setting down of cards related to a question, may reveal one's situation in a new way, which can be helpful in making decisions, alleviating distress, or seeing joy in the world.

Alifair teaches in the Department of English at the State University of New York, University at Albany and has been studying Tarot Card reading for the past 10 years.

Parent Group

Sunday, October 24

FUUSA Parent Group will meet on Sunday, Oct. 24, for a discussion of "Children's Exposure to the Media." We begin at 5 PM with a potluck, followed by a parent discussion from 6 to 7:30 PM. Please bring a dish to pass and a beverage. Childcare is provided and a collection will be taken to pay our sitters. Contact Paula Brewer for more information. The November meeting of the Parent Group will be on Sunday, November 21.

Our Community

Welcome new members!

Taury Smith and Sharon Hoffman and their children Rosie and Carson live in downtown Albany. Taury is a geologist who works at the New York State Museum. He is interested in energy issues and in climate change and gives lectures on these topics at the museum and around the Albany area.

Sharon Hoffman is a landscaper and permaculturist and is interested in all aspects of sustainable living. She



is currently leading a joint effort with local community members and schools to clean up a series of vacant lots in Albany's South End and turn them into an urban meadow and sculpture garden.

Their daughter is a senior at Doane Stuart who is getting ready to apply to college. She wants to study art but is also interested in philosophy and literature. She had her first art opening on Friday night here in Albany. Carson Smith is a freshman at Doane Stuart whose interests pretty much completely lie outside of the academic realm. He loves

Camp Chingachgook, playing the bass, mountain biking, and soccer.

Sandy Steubing grew up in Scotia and attended the Unitarian church of Schenectady. Since then she's lived in various regions of the US and abroad but she feels fortunate to have found her way back to the Capital District and to FUUSA. Sandy is a former Music Teacher, Social Worker and International Sales Manager. She has joined the FUUSA choir and the Green Sanctuary to pursue her two passions of music and peak oil.



Shuang Liu (pronounced very closely to "Shwang Leo") came to the US 19 years ago from China for an American dream. After graduating from the University of Georgia with a Ph.D. degree in organic chemistry, she moved to the capital area in 1998 to



work for a pharmaceutical company as a research scientist. She lives in Guilderland with her husband and two boys (both enjoy attending the RE classes) and two cats. She likes the liberal, but spiritual, environment here at FUUSA. She thinks the music is fantastic!

Owen and Felice Devine started attending FUUSA in January after initially learning about Unitarian Universalism from Michele Desrosiers several years ago. Owen and Felice live in North Greenbush.



They have one son, a three-year-old, and are expecting another child any day.

Felice, who grew up in Averill Park,

graduated from Clark University with a degree in English literature and creative writing. She worked for seven years in the publishing industry. Upon relocating from New York City to the Capital District, Felice took a position working for a web site developer in Schenectady. Since 2006, she has focused on freelance writing and editing. She has written nine non-fiction books and contributed to several others.

Felice enjoys running and volunteering. Earlier this year she coached a group of moms training for their first race, the Freihofer's Run for Women. She writes about running on her blog, The Happy Runner. She is also an active member, and past president, of the Junior League of Albany and has volunteered with several other local non-profits. She's looking forward to getting involved in some of the groups and committees at FUUSA.

Owen graduated from James Madison University with a political science degree and earned an MBA from UAlbany. He works as a Computer Project Manager at the State Budget Division.

Owen is an avid golfer and sports fan. He and Conal are regular attendees at the Valley Cats and RPI Hockey games and he enjoys tinkering around the house and playing games with his son.

Owen feels very comfortable and welcome at FUUSA and he looks forward to seeing this community become a big part of his family's life.

Richard Brewer was born in Minneapolis, MN and graduated from Michigan State University and earned an MBA from Clarkson. He is a certified financial planner and partner in an employee bene-

fits consulting firm. Richard lives in Cohoes with his wife Paula and daughter, along with their dog Ebony and cat Cookie. He has attended FUUSA for the past 15 years or so and finally decided to become a formal member. Richard says that joining FUUSA, where he, Paula and Anna have found a great sense of community, is the next step on his spiritual journey.



Nichola Dutre immigrated to the United States from Guyana in 1971. She graduated from Albany High School, Rochester Institute of Technology and



Sage Graduate School. She and her husband of twenty-two years, Jeff, have two children, Michael and Greg. She is currently a Health educator at Oneida Middle School. Nichola is also a small business owner of GoSackBags.com, which makes and sells unique reusable bags.

She loves gardening, hip hop, and has been an avid runner for 17 years. Her favorite book "Guns, Germs and Steel" by Jared Diamond.

Thelma and Peter Gerdine

(Thelma's bio was not available at press time.)

Animals, all kinds, esp. cats named Rufus, also wolves, whales, crocks, & elephants (Non-Republican); **Books & newspapers** (Daily Gazette & New York Times); **Continuing education**, e.g.

HILL (Humanities Institute for Life-long Learning); **Drama** (Theater), e.g. anything by Shakespeare & Molière; **Es-**



presso (As opposed to mere café! ¡Olé!); **France**; **Germany**; **Humor**, all kinds, esp. satire, editorial cartoons, Doonesbury, Dilbert, Seinfeld, Bill Maher; **Italy**; **"Kriticism"** ("C" was taken), see my wife for details; **Language**, use of words, textual analysis; **Music**, esp. classical & piano jazz (Lee Shaw); **Nature**,

esp. mountains (Rockies), sunsets, fall & winter; **O**pera; **P**olitics; **Q**uébec (Note "accent aigu"); **R**unning (Before 1995, when I was running marathons & every race in sight!); **S**ports, esp. college basketball & World Cup (soccer); **T**ravel (Canada, Pacific Northwest, Southwest, Martha's Vineyard, France, Italy, Spain, England, Netherlands, Greece, New Zealand, the list goes on and on!); **V**amily, I mean Family ("F" was taken), also Friends, without whom, ...; **W**omen! Last but certainly not least! Can't live with them (At times), can't imagine life without them! (All the time!)

Christine Strebel is a recently retired high school media specialist. She came to this area to be with her son's family and, of course, to dote on the grandchildren. She is volunteering at the Five Rivers Nature Center; has joined the Bethlehem Neighbors for Peace; and is pursuing her love of photography and technology. Chris is thrilled to be a member of our church and its community.



Martha and David Musser enjoy traveling to far-away places where David takes pictures of wild-life, landscape and architecture. Martha enjoys composing and editing his photographs into photo books.

David's professional life is in the field of computer science, working mostly on proof-based software development methods.

He's worked in both industry and academia, including locally at GE for eight years and at RPI for over twenty. Having retired from teaching three years ago, he's very happy to have more time to do those things, but would also like to get more involved with FUUSA social responsibility activities.



Martha's career has focused on education research and accountability. She retired from the State Education Department but works as a con-

sultant to the Campaign for Fiscal Equity, whose mission is to protect and promote the constitutional right of all students to a sound basic education. Other interests include reading, gardening and genealogy, but she too would like to join in more of FUUSA's social responsibility activities.

Partner Church dinner and music: Buck2Fifty
Saturday, November 6, 5:30 to 10:00 pm.

Partner Church and the Choir bring you a dinner with John and Csilla Dale, our UU representatives in Transylvania/Romania, followed by Matt Edwards' jazz group, Buck2Fifty – New Orleans R & B via Albany, NY – both in Emerson Community Hall!!!

Dinner from 5:30-7:30 and Music from 7:30 - 10:00. The proceeds will benefit FUUSA and Partner Church.

Dinner is catered and refreshments later served by FUUSA Choir – so you know how fantastic they will be!!! The dinner will include a chance to hear from our key contacts in the Unitarian land of discovery. Friends and families welcome! All those who attended last November's cafe remember the great time they had and will put this date in their calendars immediately. The rest of you – don't miss a great evening of music, dance, refreshments and friends. You can come for dinner or just for the music afterward. See the announcements posted on FUUSA's halls and doorways. For more information call Kathy Harris or Peter Brown.

Monday Men's Group Openings

The Monday Men's Group has openings for three new members. The group meets the 2nd and 4th Mondays of the month at 7:30. We share our joys and concerns in a safe supportive setting. If you would like to learn more about the group speak to Dee Van Riper, Fred Barker, Phil Rich, or Arden Dockter.

Christian UUs

If you are interested in exploring Christianity within Unitarian Universalism, join us at 7:00 p.m. on November 16, 2010 in Room B-8. For more information contact John Sherman.

Holiday Bazaar No. 5

Bazaar planners are planning. Won't you join the group? We will welcome your skills. Our dates this year are November 13 and 14. We need help planning and your artistic crafty skills. We are also looking for vendors. Do you or a friend or relative want to rent a table? Are you sewing, knitting, painting, or what ever you do so you can donate your work for this great event? Contact Jan Satin or Barb Manning.

Channing Circle

Monday, Oct. 18

On Monday, October 18 at 1 pm, Bob Blank will present his thoughts on mortality. Come to Channing Circle with your own thoughts on the subject. It should be an interesting discussion. First though, we will have lunch at noon, so bring your own sandwich or salad, and there will be coffee, tea and dessert for all. In addition we'll be celebrating TWO 90th birthdays: Peggy Slocum and Monk Larson! All retirees are welcome.

Change of Time Breakfast

Sunday, Nov. 7

For reasons lost in the mists of antiquity, Uncle Sam requires that we push the clocks ahead one hour in April and back one hour, now in November.

Some folks, of a less venturesome nature, would actually like to sleep during that extra now November hour. If, however, you are drawn to stick-to-your-ribs bagels, danishes, and eggs, then the Change of Time Breakfast is absolutely for you. You can sleep any time. We do this only one day a year. Don't miss it, 8:30 a.m. Sun. Nov. 7 with seatings at 8:30 and 9:00 a.m Standard Time!

Partner Church Committee meeting

Sunday, Oct. 24, 12:45,

There will be a meeting of the Partner Church Committee on Oct. 24 at 12:45 at FUUSA. All are invited: current members, new members, and folks from the choir who visited our partner church village during the choir trip to Eastern Europe last spring. We hope to see lots of new faces. Come and bring your ideas!--Jack Atwater, Chair

John and Barbara Metz in concert

Cello and Piano Together:

"Creative Freedom – Two Cello Classics
and an Argentinian Masterpiece."

3:00 p.m., Sunday, October 31, 2010

Emerson Community Hall

\$12.00 Adults/\$8.00 Students

Walker Book Club

The next meeting of the Walker book club is Sunday, October 10. Each meeting begins with a potluck supper at 5:30 PM at Lisa Walker's, Delmar, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

Dates and books currently scheduled:

◆ Nov. 14: Let the Great World Spin: A Novel by Colum McCann .

◆ Dec. 5: Remarkable Creatures by Tracy Chevalier.

Contact Linda Hunt at Ishunt@nycap.rr.com for a list of books suggested by participants for future months.

CommUnity Potlucks

FUUSAns meet occasionally in members' homes in various neighborhoods for a potluck dinner. Newcomers are always welcome! Call the church office if you would like to host a potluck.

"Guilderland Plus" will meet in Guilderland

Friday, Nov. 12, 6:30

Hosted by Lois & Bob Thomson and Anita Patka at 222 Heritage Road, Heritage Village, Guilderland. Call the Thomsons for directions and to let them know what you will bring.

Are you interested in being a Service Leader?

The Service Leader plays an important role in Sunday services, especially by assisting in service preparation and preparing the Call to Celebration. Each service leader is asked to serve once or twice

a year, so your time commitment is limited. Training will be scheduled for new service leaders in the Fall. If you would like to participate, please forward an e-mail of interest to RSC@albanyuu.org or call Irene Saulsbery.

Remember that Sunday morning volunteers are also needed to help ensure the smooth running of services and coffee hour. Please be sure to sign up in Channing Hall to act as an usher, greeter or coffee hour host. No special training needed!

Shared experience

Small Group Ministry (SGM) offers an opportunity for members and friends to gather, form lasting relationships, develop community, and maybe even grow and gain a little insight as they think about and talk through the real questions of Life. Participants meet regularly and talk about the events of their lives, and about the ideas that engage them. SGM groups are not therapy or affinity groups and participants don't judge or offer advice. SGM is not intended to solve anybody's problems or reach consensus, but rather to hold and witness the amazing diversity of experiences and life journeys. The sessions are guided by a facilitator. SGM will begin in November. If you are interested in participating or want more information contact John Sherman.

Entertainment lovers

Entertainment books are here! Please sign up with John Walko or leave a note in the auction/entertainment book mail box in the church office, or just stop by the table at coffee hour and buy one. The cost for the book is \$35.

Bottles and cans...and tabs!

The Choir continues to collect refundable bottles and cans in the bin in the coat room. Be sure that the cans and bottles you bring in are rinsed out. Please bring in only refundable cans and bottles--that now includes soda, beer and water containers. It does not include containers from wine, iced tea, juice, milk--or tuna fish. Refunders have found a few unpleasant surprises in some the bags, including paper, non-deposit cans and bottles--and garbage.

Also, if you want to refund your own cans and bottles - please do so - but if you have the time, save

Change of Time

Breakfast

Sunday, Nov. 7

seatings at 8:30 and 9:00 a.m

Featuring delicious eggs with orange juice, bagels, Danish, coffee (regular and decaf) and tea

\$5.00 for adults and children 10 and over;
\$2.00 for children under 10.

Reservations during coffee hour
in Channing Hall on
Sundays, Oct. 24 and 31.

the tabs from the cans for Kathy Harris. Leave them in baggies in the coat room on the shelf between the doors.

About Us

The Helderberg Madrigal Singers (including **Dawn and Dick Dana and Dave Metz**) will be featured at the Medieval Faire at the Cathedral of All Saints in Albany on Saturday, October 23. Look for their performance at 12:30 PM in the downstairs café area.

Joys and Caring Corner

Edited for the Web:
Personal information
and contacts re-
moved, as well as
children's last names.
Web viewers needing
more information are
invited to contact the
church office at [ad-
ministrator@fuusalba
ny.org](mailto:administrator@fuusalbany.org).

and, the Board want to find out just how we want to go about playing that role. Rev. Dick Gilbert will be here November 6 to help us answer that question and we hope all of you can attend.

In the meantime, you can Stand on the Side of Love and march to support marriage equality on Saturday, October 16. I know many of you will be at Silver Bay, but if you aren't, come join us and the First Unitarian Society of Schenectady in the march. Schenectady tells me they have at least 8 adults and 8 youths. Can we match them? We plan to meet at The Irish Mist, 282 Second St., Troy at 10:30 AM. The total march is 2.6 miles with the mid point at the Green Island Bridge where Albany will be having its annual Chowderfest. Sounds like fun to me. Let me know if you want to come along.

The proposed budget for Albany County is due out Friday, October 8. Check to see if the Crime Victim & Sexual Violence Center has a budget to ensure its staff positions. If not, you can support the CVSVC at the legislative meeting Tuesday, October 12, 6:30 PM, 112 State St. For further information join Save Albany County Crime Victim And Sexual Violence Center facebook.com

If you are interested in what the problems and concerns are in the City of Albany, come to a public forum Thursday, October 14, 5:30 to 7:30 PM at the beautiful new Arbor Hill Library, 148 Henry Johnson Blvd. Neil Breslin, Paul Tonko and Barbara Smith are the elected officials who will be there to listen.

You can pick up the gold SSL t-shirt you ordered Sunday at the SRC table. And if you didn't order one, but would like to, call or e-mail me. Sizes

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Ann Lapinski.

Social Justice

It was gratifying to see so many new members with an interest in social justice. And we know that one of the things that most of us like about being UU's and FUUSAns is that we play an active role in social justice. The Social Responsibilities Council

Sunday Volunteers

Sign up in Channing Hall at the Sign Up Site.

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Oct. 17	A. DeSalvo	B. Zima		L. Griffin, L. Hunt, L. Gambino	N. Thompson
Oct. 24	K. Harris		D&D Dana	B. Manning, B. Zima	
Oct. 31	D. Dana		A.T&S Gray	J. Keers	

small, medium, large, extra large and xlarge, price \$15.

Standing on the Side of Love,
Lois Griffin

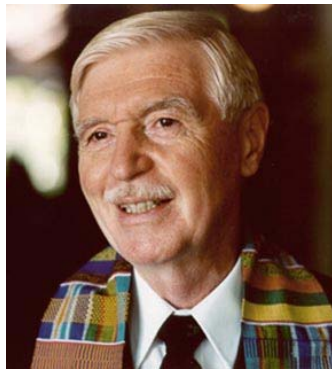
Getting to know Rev. Richard Gilbert

The following information from St Lawrence University provides a glimpse into Rev Gilbert's life. How lucky we are to have him deliver a workshop here at FUUSA! Join us on November 6!

The Reverend Richard Gilbert's work has been an act of faith and his life has been a sacrament of works. Minister, teacher, counselor, activist, writer are all vocations which Rev. Gilbert has graced with his wisdom and compassion, from the time he graduated from St. Lawrence University in 1958 and from the St. Lawrence Theological School in 1961.

For 32 years, Rev. Gilbert served as minister at the First Unitarian Church in Rochester, NY, a home from which he explored the tenets of love, justice, growth and celebration with his large congregation. Within his church, throughout the Rochester area, and nationwide, Rev. Gilbert has been an articulate and impassioned advocate for social justice. He has been, among many roles, Chair of the Peace, Justice and Human Rights Committee of the International Association for Religious Freedom; Chair of Interfaith Impact of New York State; Convener of the Clergy and Laity Concerned about Vietnam and Program Director of Unirondack Summer Institute. He is the author of many articles and publications including his two books *Prophetic Imperatives* and *How Much Do We Deserve?*

The recipient, in 1998, of St. Lawrence University's Sol Feinstone Award for Humanitarian Service, Rev. Gilbert has remained close to his alma mater, and this spring, as part of the University's Sesquicentennial celebration, he returned to campus to deliver the Kathryn Fraser Mackay Lecture, an annual event that brought some of the nation's and the world's foremost religious leaders to speak to students, faculty and community. The St. Lawrence community, whose members have been inspired by Reverend Gilbert's words and deeds, extends to him the University's highest accolade, the degree, Doctor of Humane Letters, *honoris causa*.



Forum: Wrongful Convictions

October 24, 11:45 AM-12:45 PM, Emerson

David Kaczynski, Executive Director of New Yorkers for Alternatives to the Death Penalty, will speak on wrongful convictions in New York. The Innocence Project reports that New York leads the nation in the number of wrongful convictions, but lags in laws designed to address them.

David will speak on the reluctance of prosecutors to seek justice for the wrongfully convicted, and what we can do to protect the innocent from being wrongfully convicted.

If child care is needed, call the church office by noon of the preceding Friday.

Green Sanctuary news

Thanks to Chris Bystroff for a great presentation on **overpopulation**. Our second discussion will be on **Smart Water Use** with Kathy Macri who works at the NYS Environmental Facilities Corp. leading the discussion. The time is Sunday, November 21 at 11:45 AM in Room B-8. Look forward to seeing you there.

The local 350.org group is having an Energy Fair on Sunday, October 10 at the Albany High School from 12 to 4 PM. A citywide high school student competition for green proposals will be launched at the Fair. Our Green Sanctuary Committee will meet on Sunday, October 17 at 11:45 AM in room B-7 and all interested members and newcomers are welcome.

Green Tips Did you know that Apple takes back iPods & computers for recycling? All computers are Energy Star certified. Hewlett Packard also recycles its computers.

SRC Table

Come and see the colorful and beautiful hand made items made by women in Guatemala. They have had a hard time this year with the flooding in the country and the money they earn is sometimes the only income they make for their families.

Information is available at the table on Peace events, local Energy issues, how to do a Home Energy Audit etc.

David Rovics benefit concert for Women Against War's Afghan Well Project

Friday, Oct. 22; 5:30 PM, potluck dinner, music by the Solidarity Singers and Sybil Allyson (Stock) & Dave Pallas; 7:00 PM, David Rovics in Concert. Delmar Reformed Church, 386 Delaware Ave, Delmar, NY

Please bring a dish to share for the potluck. There will be a suggested donation of \$10 per person (more if you can, less if you can't). Co-sponsored by SRC.

Contact Us

Board of Trustees 2010-2011

email: board@albanyuu.org

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Lois Griffin, Chair Social Responsibilities Council

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Director of Religious Education

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Music Director

Matt Edwards mge01@yahoo.com

Administrative Assistant/Sexton

David Stone sexton@albanyuu.org

Rental Agent

Lynne Lekakis kaneandlekakis@gmail.com

Custodian

Olga Oja

Regular meeting days

Check current calendar for time and location
Board of Trustees, 3rd Thursday
Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

Address: 405 Washington Avenue, between Robin Street and Lake Avenue, Albany, New York 12206

Main entrance is on Washington Avenue. Rear entrance is on West St. Both have ramp access. The building is fully handicapped accessible.

Parking: Parking is available on the street. On Sundays (and for some special events) FUUSA has permission to use the University at Albany's downtown campus parking lots: the Hawley Lot on Robin Street at Washington Avenue and the Thurlow Terrace Lot on Western Avenue.

Office hours

September-June: Monday-Friday, 9:00-4:00

July-August: Monday–Thursday 9:00-12:00

Windows is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

Editors: Amy Lent, Irene Saulsbery

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

Nov. *Windows*: Oct. 18

Nov. *Update*: Nov. 1

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.albanyuu.org

We've gone green(er)!

We are reducing paper consumption by sending our newsletter electronically. If you are reading this newsletter on paper you are holding one of the few copies we have actually printed!

We want to keep ALL our readers, but we ask you please to consider switching to the electronic version if you have access to email.

If you would like us to send you an electronic version to see what it's like, we can do that.

Contact David Stone at the FUUSA office 518.463.7135 or sexton@albanyuu.org for either a sample or to make the switch!

Thank you!

GIVING LIFE THE SHAPE OF JUSTICE

A workshop led by Rev. Richard S. Gilbert
Social Justice Coordinator
St Lawrence UU District

Do you have a passion for social justice, but are not quite sure what to do about it? Or, do you have limited time, but want to make a difference?

Come join with fellow FUUSAns as we learn how we *can* put our values into practice!

November 6, 2010
8:30 am – 3:00 pm

First Unitarian Universalist Society of Albany
405 Washington Ave, Albany, NY

Preregistration requested:

In person – Social Responsibilities Table during coffee hour,

By e-mail to:

- Lois Griffin (ohgriffin@gmail.com) or
- Donna Doran (thedorans1@verizon.net)

Lunch is provided
Childcare is available with pre-registration

No charge for the event, but donations will be gladly accepted.

The UUiverse

RE Council

Molly Daniels, Chair, '11
Cate Bohn '12
Paula Brewer '13
Pete Costello '13
Margery Eddy, '11
Brian Frank '12
Leah Gaetano '12
Allison Lattin, '11
Don Odell, '11
Amy Souzis '12
Tracie Tilgner '13
Lauren Tobias, '11
Cathi Wiltsey '13

RE Staff and Volunteers

Nursery - Missy Millett
2 Year Olds - Susah Patti, Mary Ann Lettau, Ellen Chirnoff
Pre K - Renee Panetta, Jennifer Holmes, Cari Arbatemarco, Donna Doran
Pre-K-Kindergarten - Cathi Wiltsey, Richard Sleeper, Mary Applegate, Morgan Costello
1st & 2nd - Tracie Tilgner, Lee Newberg, Terry Way, Meredith Andrews, Elena Reynolds, Ela Kessel
3rd&4th - Jon Bick, Amy Jesaitis, Jim Hutchins, Nicole Mossey, Darnell Rorhbaugh, Theresa Longhi
5th - Shoba Mathur, Millie Eidson, Jennifer Dorsey, Karen DeWillers
6th - Laura Churchill, Kate Nudding, Bob Cohen, Randee Beeche
7th & 8th - Kevin Purcell, Stacy Kitt, Linda Hunt, Winston Haggberg, Patti Jo Newell, Bruce Rodgers
Senior High - D.J. Panetta, Jane Lax, Shawn Fitzgerald, Paula

Tapestry of Faith is a series of programs and resources for all ages that nurture Unitarian Universalist identity, spiritual growth, a transforming faith, and vital communities of justice and love.

Newsletter of the Religious Education Program of the First Unitarian Universalist Society of Albany

Spotlight on the First and Second Grade “Love Surrounds Us”

by Tracie Tilgner and Leah Purcell

It's been an exciting start to the year for the First and Second grade RE class! We've reconnected with our old friends and have welcomed many new friends into our class, too. As we try to settle back in to the rhythm of the RE Year, the children have been flexible, happy, and as full of smiles and friendliness as they have always been.

The curricula, Love Surrounds Us, explores all the 7 Principles in the context of Beloved Community of family/home, school and neighborhood. Participants engage in activities that emphasize the love they feel in community.

Just a few weeks into the new year, we knew that the first and second grade group could be made into two classes. Starting on Oct 24 the second grade will meet as one group in room 25 and the first grade and some of the Kindergarteners from the Treasure Hunters class will meet as another group in Room 24. These two rooms are divided by a movable curtain, so on some Sundays these classes can meet as one group. They both will be learning from the Love Surrounds Us curriculum.

The Chalice Children (3 and 4-year-old class) will be moving from room 24/25 to room 26. Hurray for everyone's flexibility! Help is needed to move the classroom furniture and materials between rooms 26 and 24/25 before Oct 24. Call Leah Purcell at 463-7135 if you can help.

Spotlight on the 6th Grade “Amazing Grace”

by Randee Beeche and Leah Purcell

“Gluttony— isn't that when food is gluten-free?” That was a sixth grader's first response to defining words that describe sins. It's not often that we use the word “sin” in our RE program, but these sixth graders are ready for the challenge. Through the years in our RE program, they have learned many lessons from our six sources to help them develop ideas of what they believe and how to engage in the world as Unitarian Universalists. Amazing Grace offers the students ways to incorporate old wisdom into their own ways of thinking,

“Amazing Grace” is a Tapestry of Faith curriculum developed by the UUA.

It is on the web, downloadable and loaded with activities that teachers can use to tailor the lessons to the interests and learning styles of the participants.

From the website: Amazing Grace works toward the goals established for all Tapestry programs by focusing on ethical development with a rich philosophical base and with certain, age-appropriate applicability.

The curriculum uses stories, activities, discussion, and more to help youth address such questions as: Why do bad things happen? What is the role of God, gods and goddesses? Who am I? Is evil or goodness within us? Is it something we choose? What are my own ideas? How can I follow my own ideas and not somebody else's? is “you decide for yourself” really the ultimate answer to these questions?

Bringing Unitarian Universalist Values to Halloween!

TRICK OR TREAT

For Food Pantry Donations

Then Celebrate with a

Multigenerational Party at FUUSA!

Saturday October 30th, 2:00 - 4:00

Games, Food, Craft-making, and Fun for All Ages!

The Religious Education Council is sponsoring a Halloween Party to support a food drive for a local food pantry.

We invite families to "Trick or treat" in their neighborhoods for food pantry items in the morning and come with the donations for a traditional Halloween party in the afternoon at FUUSA. The donations will be honored during the service the next day.

Flyers will be distributed through RE classes to help you alert your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!

